STRETCHES YOU CAN DO AT YOUR DESK

Neck retractions
Shoulder rolls
Shoulder shrugs
Shoulder blade pinch
Arm extensions
Touch the sky

Neck retractions. Tuck your chin down and move your head back. Don’t tilt your head—look straight in front of you. Hold for five seconds, then release slowly, without letting your head protrude forward.

Shoulder shrugs. Bring your shoulders up toward your ears, hold for five seconds, and release.

Shoulder rolls. Roll your shoulders forward and up, then backward and down. Always circle in a front to back direction. Make ten circles.